

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the Healthiest State in the Nation

**FOR IMMEDIATE RELEASE**

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**PROMOTING BREASTFEEDING ACCESS FOR ALL MOMS FOCUS OF DOH-DUVAL PROGRAM SUPPORT GROUPS**

**JACKSONVILLE** — This August, the Florida Department of Health in Duval County (DOH-Duval) is celebrating National Breastfeeding Awareness Month. With the Breastfeeding Education and Support Program, DOH-Duval is working to promote breastfeeding as a vital health activity and encourage breastfeeding-friendly communities.

“Breastfeeding is an important factor in the growth and development of our babies,” said DOH-Duval Breastfeeding Coordinator Patricia Holder. “It is a great opportunity to reduce health risks for mother and baby.”

According to the Centers for Disease Control and Prevention, mothers who breastfeed their children are at a healthier weight on average than those who do not. They also have a lower risk of developing Type 2 diabetes, breast and ovarian cancer. Children who are breastfed have a lower risk for developing respiratory and gastrointestinal infections, asthma, obesity, Type 2 diabetes and SIDS (sudden infant death syndrome).

The DOH-Duval Breastfeeding Education and Support Program promotes breastfeeding as an integral part of nutrition services. The program’s goal is to increase the initiation and duration of breastfeeding. Breastfeeding Support Group meetings are designed to encourage information sharing and awareness for mothers as breastfeeding participants. Meetings scheduled for August are as follows:

- Wesconnett WIC and Nutrition  
5150-9 Timuquana Road, 32210  
August 4 - Noon
- Pearl WIC and Nutrition  
5322-24 N. Pearl Street, 32208  
August 5 - 3pm
- WIC and Nutrition Office, Smith Auditorium  
900 University Boulevard, North, 32211  
August 6 - Noon
- West Jax WIC and Nutrition  
120 King Street, 32204  
August 17 - 1pm
- Emerald Tiger WIC and Nutrition  
3225 University Boulevard, 32216  
August 18 - 3pm

For more information on DOH-Duval Breastfeeding Support Group meetings, visit:

<http://duval.floridahealth.gov/events/2015/08/august-4-breastfeeding-support-group.html>

**Florida Department of Health in Duval County**

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To achieve the goal of exclusive breastfeeding for at least six months, mothers need supportive maternity leave policies, flexible work hours, infant and child-care at or near the workplace, and private facilities for expressing and storing breast milk. It takes time and practice to learn how to breastfeed, both for the mother and baby, and to establish a good milk supply.

For information on the Florida Breastfeeding Coalition's Quality Maternity Care Initiative, visit: <http://flbreastfeeding.org/hospital.htm>.

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Healthiest Weight Florida is a public-private collaboration bringing together state agencies, nonprofit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices visit [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com).

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit [www.floridahealth.gov](http://www.floridahealth.gov).

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